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February 2025

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Born during the pandemic, *The Crazy Wisdom Monthly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, poetry, breathing exercises, beautiful art and photos, favorite places for walks, news of your dogs, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

Word of the Month

Knismesis

a light, feather-like tickle that causes an itchy sensation

HAPPY VALENTINE'S DAY!

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Reilly Campbell, photography by Hilary Nichols. Read more about this young practitioner on page 6.

Winter Issue of *The CW Journal* available now!

The Crazy Wisdom Community Journal

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- Herbalist Jim McDonald
- Oracle of Dodona
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From Our Cover

Reilly Campbell, Sovereign Birth Worker

Though only 25, Campbell is wise far beyond her years and serves as an inspiration to anyone looking to walk with women on the path from maiden to mother and beyond.

• By Kaili Brooks • Photos by Hilary Nichols

In October, I sat down with my good friend Reilly Campbell for a discussion about birth, life, Ann Arbor, and everything in between. An Austin, Texas transplant, Campbell can best be described as a ray of sunshine. Though only 25, she is wise far beyond her years and serves as an inspiration to anyone looking to walk with women on the path from maiden to mother and beyond.

Kaili Brooks: Who are you? Tell me the story of how you found your way into birth work.

Reilly Campbell: I grew up as the oldest of my siblings and neighbors and had a lot of experience with caretaking for young children. I filled my life with families and young kids. I've always wanted to be a mom: all of my decisions have been guided by that. There's this overwhelming narrative that mothering is suffering, and I always knew that wasn't my story. My interests in college were permaculture and birth, and I found the truth that the closer we align with nature's design, the less difficult our life will be—the more joy, ease, and simplicity we will have. Birth is the foundation of everything, and our birth experience shapes our life.

Kaili Brooks: How did you come to Ann Arbor? How have you integrated yourself in the community?

Reilly Campbell: My fiancée and I moved to Ann Arbor because my maternal roots are here, and we desired a more cyclical and village-like way of life, which the four seasons and smaller community here really allow for. The farmer's market has been a special place for me to see familiar faces. I see people I know all the time. I'm grounded in this place. I'm home. I nanny for a few families in town and that's allowed me to get to know the mothering community at the libraries and baby music classes which has been very special. People are a huge part of my value system. I love centering my community. I go to Earthwell Retreat Center often and help lead a yoga class there.

Kaili Brooks: What is your philosophy on birth, and what does sovereign birth mean to you?

Reilly Campbell: My business, Birth As You Are, is based on the origins of life. Sovereign birth keeping is a paradigm in which you go back to the fundamentals of birth and life and honor the body's intelligence and birth in a way that is undisturbed and un-pathologized. It differs from midwifery today in that it is unmedicalized. We're not trying to fix birth. [We are] just trying to hold a space for the woman to meet her full power. It's based on the whole woman, spiritual, physical, and mental combined. It needs privacy, trust, and love, and you must trust in your body and let the physiology of birth guide you.

Kaili Brooks: What services do you provide specifically for birthing mothers or women in general?

Reilly Campbell: My big focus is on community building and gathering. One of the ways I do that is my monthly women's circle, and I really love collaborating with the women in my community. I co-lead a perinatal yoga series focusing on connection and movement. I provide full spectrum care, prenatal coaching, and support in planning and nesting. I think it's important to put a lot of intention into the space you're living and birthing in, so I support women in setting themselves up for an easeful postpartum. I fully ensure that the postpartum mother is nourished and supported, ensuring that she's spending as much time as possible with her baby and feeling loved—being a sister during her vulnerable transition to motherhood. I walk with women in their birth holding space and reflecting their power back to them. I offer birth story medicine where we will debrief your birth story and help to heal and integrate any trauma you may have from previous births. I also offer ceremonies such as mother blessings and closing of the bones to honor your postpartum body. Gathering together with other women regulates our nervous system and we need it innately, so I focus a lot of my energy on ensuring we have opportunities to be with one another.

Kaili Brooks: Where do you hope to take your business going forward? What is your vision for the future?

Reilly Campbell: I want my business to become more collaborative. I think women are meant to do things together and I'd love to work more with the brilliant women in this community to serve each other more. My big goals are to create a women's collective and to be more present in the community, I'd like to offer events for people to dip their toes into what we're all about at Birth as you Are—things like Menarche reclamation ceremonies or a village prenatal where women can come and honor their bodies and power.

If you are interested in learning more about Reilly Campbell and her business and services, visit birthasyouare.com.

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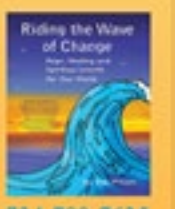

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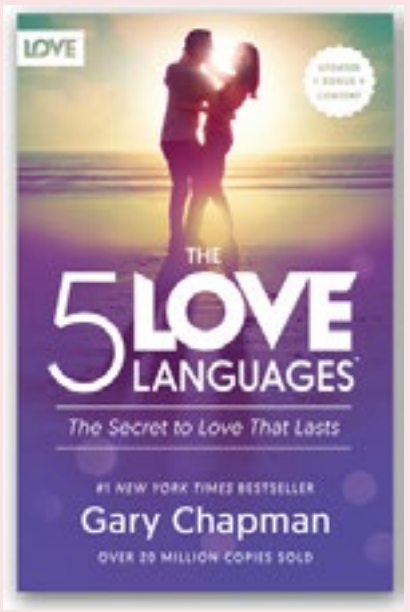
CW Book Picks *of the month*



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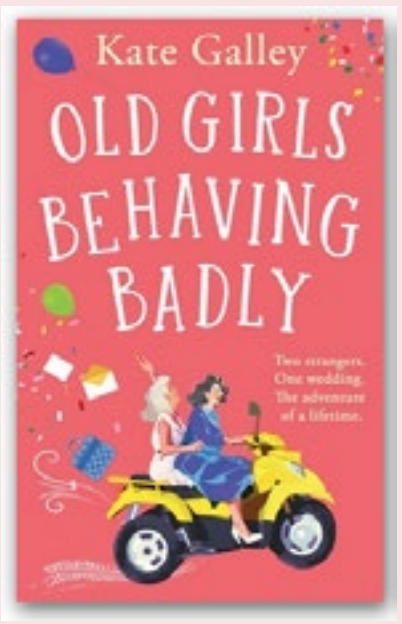

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Gina Knight is looking forward to the prospect of retirement with her husband of forty-three years. Until, to her surprise, said husband decides he needs to 'find himself' - alone - and disappears to Santa Fe, leaving a Dear John letter in his wake.

Now Gina needs a new role in life, not to mention somewhere to live, so she applies for the position of Companion to elderly Dorothy Reed. At eighty-nine, 'Dot' needs someone to help her around the house - or at least, her family seems to think so. Her companion's first role would be to accompany Dot for a week-long extravagant wedding party.

But when Gina arrives at the large Norfolk estate where the wedding will take place, she quickly discovers Dot has an ulterior motive for hiring her. While the other guests are busy sipping champagne and playing croquet, Dot needs Georgina to help her solve a mystery - about a missing painting, which she believes is hidden somewhere in the house.

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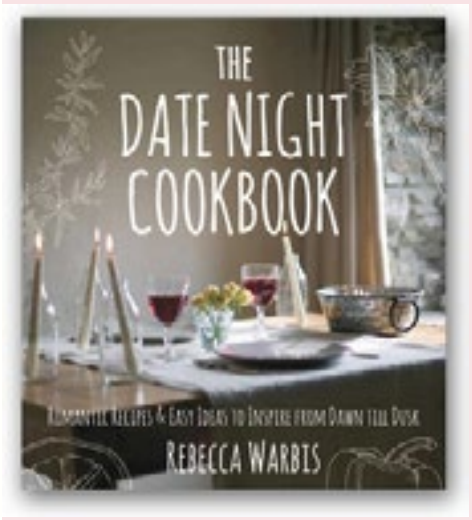


For new couples, for Valentine's Day, for married couples looking to add more romance to their table, and for anyone who thinks food and love to together well, here is a cookbook that that will bring flavor to your love and love making.

Date nights should be magical occasions filled with fun, flirting, and, most importantly, food! Whether you're nervously planning a first date, enjoying a lazy night in, enjoying some much-needed quiet time while the kids are at camp, or marking a special anniversary, The Date Night Cookbook is the perfect creative and memorable foodie accompaniment to your romantic plans.

Rebecca Warbis's simple, cozy, and elegant approach to staying in will provide you with themes for setting up your next romantic endeavor. Her creative ideas and stunning photos for Indoor Tent Night, Dining in Paris, and Dusk Beach Date will inspire you to light some candles, turn on the music, and relax with your significant other.

The best part? The concepts shared in The Date Night Cookbook are not limited to evening or late-night dates. Plans for breakfast in bed, picnic lunches, and afternoon tea are also included, inviting couples with opposite or busy schedules to arrange the perfect rendezvous for the one they love.

Recipes in this collection can all be prepared in less than an hour.

Purchase your copy of The Date Night Cookbook at shopcrazywisdom.com

By Lynda Gronlund

Local social worker and coach, Michelle Duprey, is launching her new signature program: Stress Rehab.

Duprey grew up in Ann Arbor and holds a bachelor's degree from Michigan State and a master's degree in social work from the U of M. In 2021, she had a brief but intense health scare followed immediately by a trip to Sedona, Arizona for her cousin's wedding, where she experienced a spiritual awakening and decided to completely change her life. She had been working for a nonprofit organization in Wayne County where she had served as a child therapist, clinical supervisor, and director of several programs. She was considered a national subject matter expert in pediatric integrated health care. Despite her success, she quit her job over the phone on the way to the airport in Arizona. She collected her two dogs from home, drove to Florida, and rented a house for a month. Then, she began training as a transformational nutrition coach, focusing on mind, body, and spiritual nutrition. She became a Reiki Master, learned to use the Akashic Records, and completed an Ayurvedic Practitioner program. Finally, she created an LLC and named her business IterVia Health. She is excited to help people using her diverse sets of knowledge and skills.

She is focusing on stress because she said it is an issue that is constantly mentioned in health and wellness but rarely deeply looked at. People are advised to "manage their stress," but mostly the same basic tips are regurgitated over and over without offering real, lasting solutions.

Duprey works with teens, including athletes, college students, new graduates, newly married people, new parents, people who feel burned out at work, and others who need help with stress. She works in a client-centered way, allowing each person to decide how many sessions they need based on their needs, rather than selling pre-determined packages. She said that she encounters many people who feel very "stressed out" and unhappy but believe that "it's just part of life" and there's nothing to be done about it. Stress is natural, she said, but feeling completely overwhelmed and burned out is not. She is excited to help people learn to deal with stress in better ways and said she wants to help "raise a generation that knows how to handle stress!"

Duprey currently offers online sessions only though she would like to have office space to work with people in person in the future. She has also been offering traditional therapy and Reiki sessions.

Anyone interested in working with Michelle Duprey can make an appointment for an assessment via her website stressrehab.net. She can be reached by email at michelle@stressrehab.net.

Resources for Conscious Living

A Conversation With Lonesome George, the Galapagos Tortoise

By Peggy River Singer

Most of you will recognize the name of Sir David Attenborough, who is probably the world's best known and most beloved naturalist. During the week of November 17, I watched a new program called "Attenborough's Life Journey" on PBS. The segment that touched my heart the deepest was when he visited Lonesome George -- the last full-blooded Pinta Island Galapagos Tortoise -- on June 12, 2012. Fourteen days after the segment was filmed, George died in his sleep.

The evening I watched the program, George visited me during Dream Time. He was facing me, neck stretched up straight, against a stunning deep-blue sky filled with sparkling stars.

George: I held/anchored the energy of this place with my own unique abilities, even after I was moved away from my home island so I could enjoy a safer place with better care in my old age.

Peggy: Do all the Galapagos tortoises anchor the energies of their homes?

George: Yes. Even in the egg, we learn to work with/manipulate the energies. This knowledge is millions of years old. This purpose is why we were brought here by Creator. We have evolved over millions of years to adapt to other earth energies as we continue to do our own work.

Peggy: What about those tortoises who are no longer in physical form?

George: Many continue the work, some make other choices. They are not restricted by space or time, as they were while alive.

Peggy: During your long life, most of the remaining Galapagos tortoises were killed by humans. You must have felt great relief when conservationists got involved to save as many as they could.

George: It was known to us from the beginning, from the moment we agreed to travel to Earth, that our main purpose would be to provide this learning to humans. We knew about the suffering and grief and mourning our species would experience. Our focus would be on helping mankind as a whole to develop compassion for animals who had no way to fight back or save themselves from slaughter. Other kinds of animals have done this work, as well, for the same reasons. Some, like Passenger Pigeons, will never come back; their work here was completed many years ago.

Peggy: Did all the tortoise souls participate, or did some make other choices?

George: We have free will. Most chose to participate in the experience that would ultimately help humans achieve new levels of awareness and compassion which would resonate through time and save many animal lives. Others chose homes on more remote islands where they could live in peace. No individual tortoise soul was in any way pressured to make this or that choice; that would have been completely unacceptable and contrary to Creator's way of doing things.

Peggy: Can any animal soul choose their species and life experiences before they are born?

George: Some do, others are asked to be part of certain "projects", as we were.

Peggy: I can hear singing, very faintly.

George: You are receiving the blessings of the Tortoise Lament. As it flows through your body/mind/soul, it will help you to further develop your capacity for compassion, connection, and the unique kind of personal strength that we are bestowing on you. This was decided by all of us and agreed upon by your Higher Self while you and I have been talking. The song and these blessings will also be offered to all who read these words, if they wish to accept.

Peggy: I feel deeply honored! But in our language, the word "lament" means something very sad, so I'm curious about its use for this lovely singing.

George: [swinging his head around to look me in the eye] Exactly. Beauty has always arisen from disaster, death and destruction throughout history. It is an element of The Great Balance, just as we tortoises do our own work to complement The Great Balance. You are also an element – a "place holder" or anchor -- of The Great Balance, that is why the song sounds exceptionally pure and sweet to you.

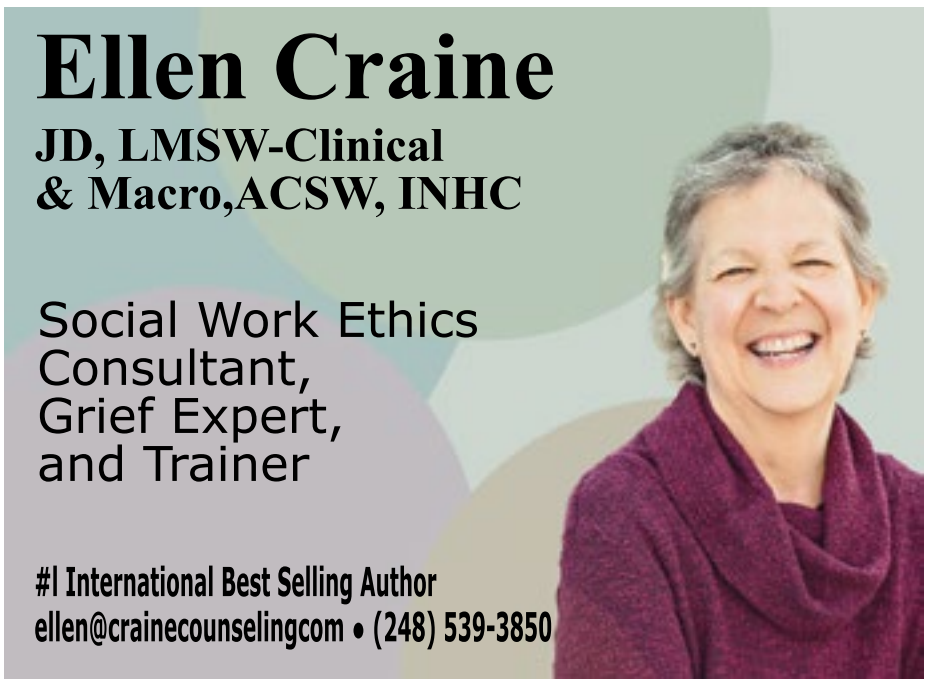
Peggy: This is dazzling, in the best possible way! May I ask your personal name?

George: En-doo-ay Ah-fah-tah. It refers to the image you saw of me when we first met: my feet planted solidly on the ground while I embody a conduit or bridge between Earth and the stars.

Peggy: Thank you, my name means "pearl".

George: Ah! A hidden treasure of great value, very appropriate. We shall talk again, I think.

Peggy River Singer is a Pleiadian Starseed, Lightworker, all-beings communicator, faerie ally, and lifelong writer. More of her articles and channelings are posted on angelsfairiesandlife.wordpress.com. To request a reading, please call 734-548-0194.



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The Magical Community of ConVocation

By Catherine Carr

On February 20 through 23, 2025, ConVocation will celebrate its 30th year as a Michigan convention for magical people. First founded in 1995, ConVocation has been hosted in various hotels around southeastern Michigan before finding its new home in Ypsilanti in 2024. Moira Payne, ConVocation 2025's Program Chair and President of the Magical Education Council of Ann Arbor, hopes this new home will be permanent.

"We needed a new convention center that could accommodate our growing attendance," Payne told me in our interview. "And the Marriott Ypsilanti Eagle Crest is the perfect fit. It's a hotel designed around a convention center, with surrounding hotels to accommodate overflow guests once our hotel block is booked up. The hotel staff have been amazingly supportive, even coming in to attend panels."

"It started out as an event for Pagans," Payne recalled, "but now it's really for all people interested in the magical arts. A relative of mine who is Christian went last year, and she found her people. She found people who were talking to each other about channeling Mother Mary."

On February 20 through 23, 2025, ConVocation will celebrate its 30th year as a Michigan convention for magical people.

With an astoundingly diverse schedule featuring over 250 classes, including full programs designed for children and a separate track for teens, ConVocation really does feel like a small village. There are drum circles and rituals throughout the weekend and two masquerade balls. The first is for the children followed later the same evening by a masquerade ball for adults where attendees go all-out on expressing their magical selves in costume and dance.

"We have a Divination Den now too," Payne told me. "In a lot of other townships, we weren't allowed to do that—many have bans on 'fortune telling' for money. But Ypsilanti doesn't, which is another reason why this location is perfect. We'll have a room full of diviners practicing different spiritual arts, in addition to the vendors' hall. People love it."

"We have a room designed for neurodivergent accessibility," Payne continued. "It's a sacred, quiet space. We also have a Chalice Well Room—that's an alternative to a 12-step program for addiction recovery. They hold open and closed meetings and programming throughout the conference for those who are struggling with substance abuse or who know someone who is."

With an astoundingly diverse schedule featuring over 250 classes, including full programs designed for children and a separate track for teens, ConVocation really does feel like a small village.

"We have a designated nursing room available with a space to change babies and activity programming for children aged five and up. We also have a gaming room for low-key social engagement. There are options like Cards Against Humanity for more casual play with Dungeons and Dragons in the evening. Last year that was a real hit with teens and adults alike. It was heartwarming to see them all playing together."

Payne also describes a team of "guardians"—convention volunteers who are trained in energy work and spiritual arts to provide grounding and spiritual first aid to attendees. "They're not security staff. They're not armed. But they're there to keep attendees safe–physically and spiritually."

"There's such a wealth of knowledge here. I really enjoy seeing how other people journey into their spiritual seeking." — Moira Payne

Moira Payne — ConVocation 2025's Program Chair and President of the Magical Education Council of Ann Arbor, and Michigan's 2024 Pagan of the year

The 250+ classes are taught by magical practitioners from across cultures and across the world, for audiences ranging from elementary school and family friendly workshops to adults-only classes addressing the most advanced and sensitive types of magic.

This year's guests of honor will include renowned witchcraft author Christopher Penzack, Priestess Stephanie Rose Bird whose work on folk tales of the African diaspora has been exhibited around the world, Benebell Wen who debuted her fusion of Eastern Buddhist and Daoist occultism with Western occultism in *The Holistic Tarot*, and award-winning authors Devin Hunter and Matt Auryn. Metaphysical publishers Llewellyn and Crossed Crow Books will also be in attendance.

First founded by a small group of local magical practitioners inspired by the example of Pantheacon on the West Coast, the goal of ConVocation has always been to bring magical people of all stripes together for a weekend of community and co-building unlike any other. It's now organized by the Magical Education Council of Ann Arbor, whose President credits Crazy Wisdom's Witch's Night Out with her involvement in the MEC and ConVocation.

"I came to Witch's Night Out," Payne recalled in our interview, "and it was snowing. Very few people showed up. But those of us who did got to talking about ConVocation. I was amazed to hear about these people who were creating a full magical village for four days.

"My first time attending, I was nervous," Payne laughed. "For months we'd been hearing stories and seeing pictures on the convention's Facebook group. Four of us who met through Witch's Night Out attended together. We ended up each agreeing to go to different classes and take notes so we could report back to the others!"

"It was overwhelming in the best way to be out in Troy, Michigan, and have a thousand witches and magical people gathering. There were rituals throughout the day, a vendor's hall, and of course the masquerade ball. Christopher Penzack was there too, and he was one of my favorite authors. It was like a family camp for metaphysical people."

Payne says she left her first ConVocation overwhelmed with gratitude and joy. She and her friends promptly resolved to attend each year, often showing up on Wednesday, before the convention began, in order to "get into con mode."

"Over the years, I found community at ConVocation. I met some of my best friends. And when I was offered the opportunity to get more involved by joining the board, I jumped at it."

One important reason behind ConVocation's choice of new location is the hotel's willingness to accommodate Pagan values. "We told the hotel, 'we can only do business with venues that allow hospitality suites.' These are our community values: we want to be able to feed our community. Nourishment is part of that. The hotel also worked with convention to create an affordable grab-and-go menu, which is much more affordable than standard hotel restaurants and mobile so it can be picked up quickly and taken to classes."

"Accessibility is important to us. That's one reason we're not at a campground; there are many outdoor Pagan festivals, but some people can more easily access and navigate indoor spaces. We also allow volunteers to earn admission with their volunteer hours, so they don't have to pay the ticket price. The children's track allows parents of school-aged children to do their own thing during the day, then pick the kids up for lunch and dinner and attend family-friendly activities at night."

Read the rest of the article and learn more about participating online!

Resources for Conscious Living

Rob Meyer-Kukan, LMT

Bodywork: sound therapy, massage, reiki, reflexology, color therapy, & natural health consultations

7 Notes Natural Health

7notesnaturalhealth. com
248-962-5475 contact@7notesnaturalhealth.com
3830 Packard Road Suite 120 Ann Arbor, Michigan 48108

CHÉRIE ANN McMULLEN
Holistic Health Practitioner

Nutritional Consultations
Vitamins/Herbs/Homeopathy

734-355-5369
2223Cherieann@gmail.com

Ginger Chase LMT
Collaborative Therapeutic Massage
Ann Arbor, MI
GingerChaseMassages.com
Call/Text: 734.660.5748 Chase.Ginger@Gmail.com

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734-624-9494

Calendar edited by Kaili Brooks

Animals and Pets

Shamanic Animal Communication with Judy Liu Ramsey • Tuesday, February 4, 11, 18, 25, March 4 & 11 • 7 to 9:00 p.m. • Learn the difference between telepathic and shamanic animal communication; learn how to apply the best of both in an integrated way. Join us for this deeply spiritual exploration of communication. Knowledge of telepathic communication not required. Optional mentoring sessions are offered with this class on Mondays following. Class is online via ZOOM. $300, $150 for repeat students. For more information contact Judy at info@judyramsey.net or visit JudyRamsey.net.

Art and Craft

HeArt to Art: Painting & Mindfulness with Maureen Pizzuti • Saturday, February 15 • 1 to 4:00 p.m. • Join artist Maureen Pizzuti on a journey into the process of intuitive creativity. We'll tap into your heart's essence with a meditation, allowing it to present itself on the canvas where you'll create a meaningful painting. The experience will leave you feeling grounded and alive. No experience necessary. All supplies included. $48. For more information contact The Mix Studios at (734) 845-9105 or visit the-mix-studios.com.

Mindful Explorations at Crazy Wisdom: Katherine Munter on Art Therapy • Thursday, February 20 • 7 to 8:30 p.m. • We welcome you to learn more about the healing potential of art therapy. Join us for a talk and group art experience. The focus of art therapy is on discovery, meaning-making, creation, and personal growth. It's the process—not the final product—that is vital. For more information contact Katherine at katherine@creativelifetherapy.com or email events@crazywisddom.net.

Author Events

Author Talk with Catherine Carr • Wednesday, February 26 • 7 to 8:30 p.m. • *World Soul: Healing Ourselves and the Earth through Pagan Theology*. Our society is troubled. From environmental destruction to political extremism, something has gone wrong. But what? Author Catherine Carr suggests theological solutions to the devaluing of life in her primer on Pagan theology. $20 suggested donation. For more information email events@crazywisdom.net.

Book Discussion Groups

Dine and Discuss *The Sing Sing Files: One Journalist, Six Innocent Men and a 20-Year Struggle to Free Them*, by Dan Slepian with Janet Doyle • Wednesday, March 26 • 5 to 7:00 p.m. • In 2002, Dan Slepian, a veteran producer for NBC's Dateline, received a tip from a Bronx homicide detective that two men were serving twenty-five years to life in prison for a 1990 murder they did not commit. This led Slepian to twenty years of investigating claims of innocence and to the unveiling of a flawed justice system. Books available at the Weber Desk beginning January 13. Registration required. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Breathwork

Guided Group Breathwork with Jackie Miller • Sunday, January 5, 19, February 2, 16, March 2, 16, April 6 & 20 • 6 to 7:30 p.m. • First and third Sundays. A group session of gentle, connected breathing and breath holds with music, guided by Jackie Miller, certified breathwork facilitator. Experience the power of activated breath energy and learn a variety of supportive breathing techniques. FREE, donations welcome. Registration required. For more information contact Jackie at jackie@thisbreath.com or visit thisbreath.com.

Breathwork: Breathing Life into your Yoga Practice with Joseph Leary • Saturday, March 8 • 1:30 to 2:30 p.m. • Connecting breath to yoga is part of the practice and provides increased stamina, both physically and mentally. We go over breathing techniques, cues, and mindfulness through various poses, movements, and meditations. $30. For more information contact The Mix Studios at (734) 845-9105 or visit the-mix-studios.com.

Mindful Explorations at Crazy Wisdom: Jackie Miller on Breathwork • Thursday, March 20 • 7 to 8:30 p.m. • Activated breathwork is a form of time travel for deep emotional work. Come explore what makes conscious connected breathing such a powerful practice for growth on all levels. Bring your questions and curiosity! FREE. For more information visit thisbreath.com or email events@crazywisddom.net.

Buddhism

Sunday Morning Meditation Sitting hosted by Still Mountain Buddhist Meditation Center • Ongoing Sundays • 10 to 11:30 a.m. • Non guided silent meditation followed by sharing or dharma talk. FREE. For more information contact Ken at (734) 678-0264 or email kenwmorley@yahoo.com.

Miracle of Mindfulness, a Peer-Led Group • Ongoing Sundays • 6:30 to 8:00 p.m. • The Huron River Mindfulness Community is a safe and inclusive meeting place for anyone to practice mindfulness in the tradition of Plum Village, established by Zen Master, Thich Nhat Hanh. FREE, donations welcome. For more information contact the Huron River Mindfulness Community at (734) 273-9991, email huronrivermc@gmail.com, or visit huronrivermc.com.

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Sunday, February 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 6, 13, 20 & 27 • 11:00 a.m. to 1:15 p.m. • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. FREE, donations welcome. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Practical Buddhism with Gelek Rimpoche • Tuesday, February 4, 11, 25, March 4, 11, 18, 25, April 1, 8, 15, 22 & 29 • 7 to 8:30 p.m. • Practical Buddhism offers video recordings of earlier teachings by Gelek Rimpoche as

an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Discussions are not recorded. Sessions review Gelek Rimpoche's 2012 Sunday talks and into early 2013. Online only. FREE, donations welcome. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Chanting for World Peace with Ordained Dharma Teachers • Monday, February 3 through Saturday, February 8 • 6:30 to 7:30 p.m. • A week-long kido chanting and purification service for repentance, peace in the world, and happiness for all beings. Open to all. Donation-based. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Parinirvana Service with Ordained Dharma Teachers • Sunday, March 16 • 10 to 11:30 a.m. • A special service to celebrate the Buddha's passing into Parinirvana. Donations welcome. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Ceremonies, Celebrations, and Rituals

Guru Bhakti Retreat: Honoring the Life of Paramahansa Yogananda with Naren K. Schreiner and Lopamudra Bose • Friday, March 6 through Sunday, March 9 • This weekend we honor the upcoming mahasamadhi commemorations of both Paramahansa Yogananda and Swami Sri Yukteswar. Special services include chanting and meditation, a recording of Yogananda's voice, a traditional Indian 'Arti', hatha yoga, Guru Gita scripture reading and more, along with delicious meals and personal time. $150. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Vernal Equinox Celebration with the Michigan Friends Center • Thursday, March 20 • 5:30 to 9:00 p.m. • We will celebrate the balance of light and dark and the birth of spring with a potluck and fire circle. Bring a dish to share and your own place setting.
For the circle bring a verse, a story, a song, seasonal lore, or a readiness to partake in what others have brought. What is this season saying to you? FREE, donations welcome. For more information contact the Michigan Friends Center at (734) 475-1892 or email manager@mfcenter.org.

Dances of Universal Peace, Spring Equinox with Susan Slack • Saturday, March 22 • 7 to 8:30 p.m. • Dances of Universal Peace are interactive chanting while moving in a simple folk-dance circle taught by certified leaders to live music. No experience is required—we"ll patiently demonstrate songs from the world's spiritual traditions that point to peace, love, and joy, especially in this time of new life. Come solo or bring a friend or three. $10 suggested. For more information visit slacksusan.wixsite.com

Spring Equinox with Esther Kennedy • Sunday, March 23 • 3:30 to 4:30 p.m. • Come and welcome the return of spring with story, song, and gratitude. FREE. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

Channeling

Evenings with Aaron & Barbara Brodsky • Wednesday, February 26, March 26 & April 23 • 7 to 9:00 p.m. • Evenings with Aaron meets once a month. All are welcome. Aaron has met with us regularly since 1989. In this gathering, Aaron often will address a present world issue and how we can best support the resolution of this issue from a place of loving awareness. Suggested donation: $10-$30-single; $40-$120-all. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Remembering Wholeness: Darshan with The Mother & Barbara Brodsky • Friday, February 21, March 21 & May 16 • 2 to 5:00 p.m. • The Mother, channeled by Barbara Brodsky, offers group and personal messages helping to gently release and reveal places where people are a little bit stuck. They reveal themselves when held deeply with love. Suggested donation: $10-$30-single; $30-$90-all. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Death and Dying

Death Café with Rev. Annie Kopko & Susan Thompson • Tuesday, February 4, March 4 & April 1• 6:30 to 8:00 p.m. • A discussion group, rather than a grief-support group or a counseling session, with no agenda, objectives, or themes. Hosted on ZOOM. FREE, donations accepted. For more information visit Interfaithspirit.org.

Ann Arbor Death Café with Rachel Briggs, Diana Cramer & Merilynne Rush • Saturday, February 15, March 15, April 19, May 17 • 11 a.m. to 1:00 p.m. • After a 4½ year hiatus, we meet again at Crazy Wisdom on the third Saturday of every month! Join us in-person for conversation about all things related to death and dying. This is not a grief support group, rather a "death positive" event. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. Coffee available; bring your own snack. FREE. For more info visit DeathCafe.com.

Resources for Conscious Living

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Specializing in:
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734-883-7130 / jackie@thisbreath.com
Ann Arbor & Ypsilanti, Michigan

THE CRAZY WISDOM CALENDAR

Death and Dying continued...

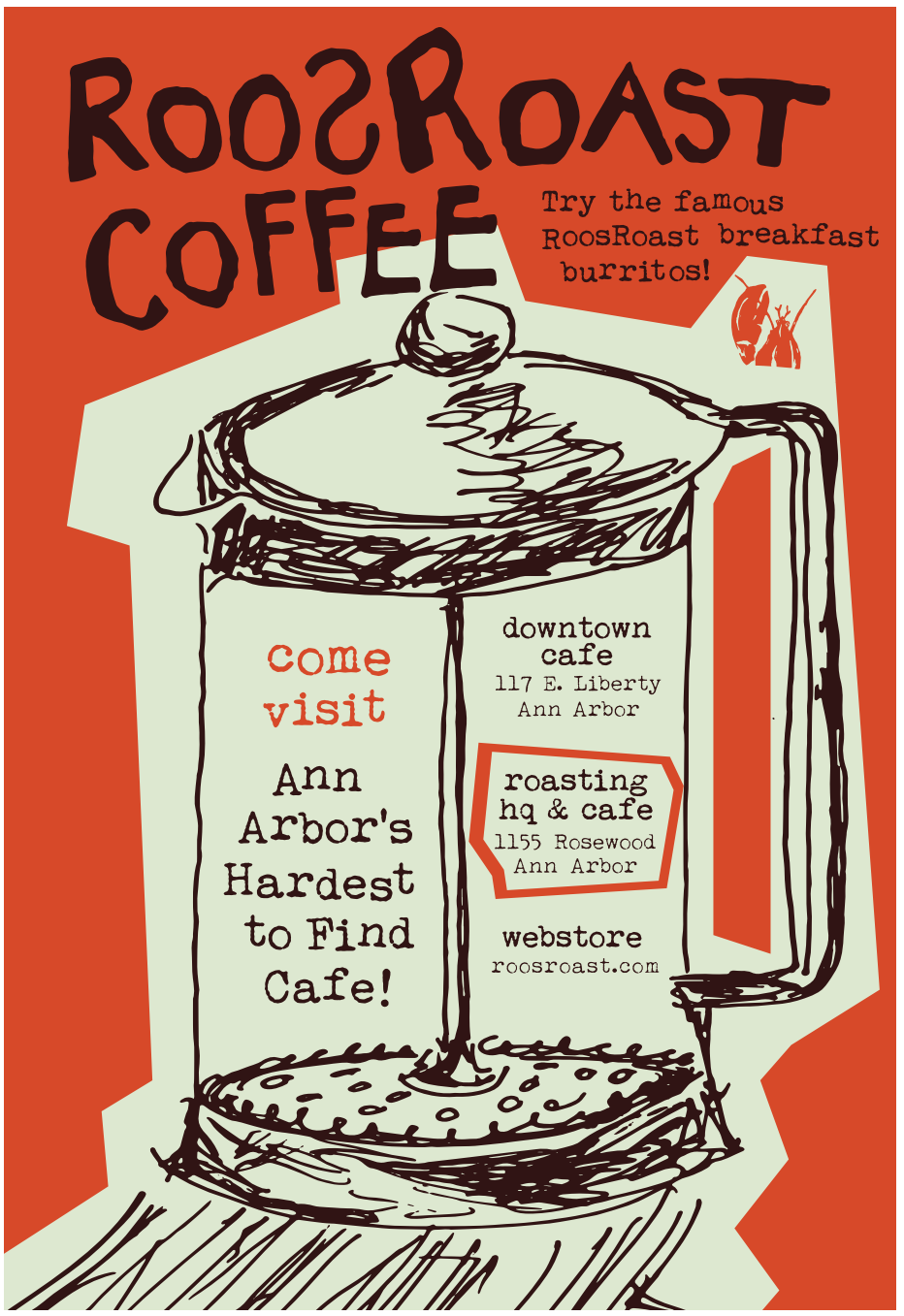
Advance Care Planning Facilitator Training with Merilynne Rush • Wednesday, April 16 • 8:30 a.m. to 5:00 p.m. • Learn how to assist healthy adults identify a healthcare advocate and discuss their values and wishes with them. For nurses, doctors, social workers, chaplains, administrators, end-of-life doulas, and all healthcare professionals across the continuum of care. Advance registration required. $265, includes online learning modules. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com, or visit thedyingyear.org.

Drumming

Drummunity Circle with Lori Fithian • Saturday, January 18, February 15, March 15 & April 19 • 7 to 8:30 p.m. • Come join us for drumming, singing, and maybe even dancing. All ages welcome, drums provided or bring your own. This is a family-friendly event with a focus on fun rhythm games and community-building activities. No experience expected! FREE, $5 suggested donation. For more information contact Lori at (734) 426-7818 or email lorifithian@mac.com.

Unite with Your Heartbeat with Yuliya Koval • Sunday, February 23 • 4 to 6:00 p.m. • Come home to your heartbeat with this sacred drum circle and healing journey. Let the drum guide you to a place of peace. Like waves on a shore, each beat washes away the day's worries, bringing you back to your natural rhythm. Together, we'll create a safe haven where healing happens naturally. This Sacred Circle Offers: traditional drumming meditation, sound healing vibrations, heart-centered breathing practices, and nurturing group energy. Perfect for those seeking inner peace, stress relief, and those ready to experience deep relaxation. $45. For more information visit yuliyasnaturals.com.

14th Annual Drum & Dance Jam with Curtis Glatter • Saturday, April 5 & May 3 • 7:30 p.m. • Drumming is proven to be good for hand-eye coordination and cognition, stress relief, enhancing spiritual joy and improving musicality in all ages! Bring a drum or use one provided. No experience necessary. $5 Donation Requested. For more information contact the Interfaith Center at (734) 972-6098 or visit interfaithspirit.org.



Energy and Healing

Wild Goose Chi Kung with Master Wasentha Young • Tuesday,February 4, 11, 18, 23, March 4, 11, 18, 25, 3, April 1 & 8 from 6 to 7:00 p.m. OR Thursday, January 9, 16, 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27, April 3 & 10 from 10 to 11:00 a.m. • The Wild Goose Form, a series of continuous movements that includes the use of imagery, yogic like stretching, touching acu-points, and engaging with universe, nature, and earth energies. Tuesday classes are hybrid and Thursday class are in-person. $215. For more information contact the Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Healing & Ascension Monthlies Series with Rev. Eve Wilson • Thursday, February 27, March 27 & April 24 • 7:30 to 9:30 • Ascend body, emotion, mind, and soul into unity with Higher Self. Build your new world "muscles" as you learn to co-create your life and health through your new unity. Work in unconditional love for the greater good with Eve Wilson, Master Healer/World Ascension Worker to help the world to heal and ascend. Meet every four Thursdays by teleconference. $300 or $50 each for the full series of six. For more information contact Eve at (734) 780-7635, email evew@spiritualhealers.com, or visit spiritualhealers.com.

Essential Oils

Experience Essential Oils with Yulia Koval • Sunday, April 27 • 4 to 6:30 p.m. • Are you curious about the mysterious world of essential oils? Let's explore these precious plant treasures together in an intimate, hands-on experience where every scent tells a story. Discover: the fascinating history of aromatherapy across cultures, how essential oils are mindfully sourced and extracted, the properties of different oils, the science behind scent and emotional well-being, the art of blending for purpose and pleasure, and practical ways to incorporate oils into daily life. $45. For more information visit yuliasnaturals.com.

Exercise and Fitness

Franklin Method® Fridays with Suzanne Willets Brooks • Ongoing Fridays • 1 to 2:00 p.m. • This evidence-based class will vary in topics from pelvic floor, spinal movement, shoulder girdle, knees, feet, and balancing. A true body-mind experience, we will explore bone rhythms, muscle, fascia, organs, and our nervous system. Come ready to move, learn and explore and see how your mind can change your body. $40 drop in $35 for members. For more information contact Move Wellness at (734) 224-2560.

Self-Care Sunday for Women with Verapose Yoga & Meditation House, HIIT Happy & Pulse Nutrition • Sunday, February 2, March 2 & April 6 • 9 to 10:30 a.m. OR 11 to 12:30 p.m. • We are collaborating for a super fun event, and we'd love for you to be a part of it! The day contains a 30-minute Interval Workout, 30-minute gentle Yin Yoga with a Guided Meditation, and 30-minute nutrition education with a Protein shake. Time for gathering/sharing as a community at the end. $45. For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

Move With Us: Traeger Mentastics with Paola Bardell • Thursday, February 6, March 6, April 4 & May 1 • 10 to 10:45 a.m. • This gentle form of movement is low key and focused on helping the nervous system to release restrictive patterns. Wear comfy clothing for movement. Paola will also share with you about the table sessions that she offers. $12. For more information contact the Ann Arbor School of Massage, Herbal, and Natural Medicine at (734) 769-7794.

$1 Intro to Bounce / Rebounding with Laney Lane & Sarah Kreiner • Saturday, February 8 from 9 to 9:45 a.m. • Learn all you need to get started with rebounding—also known as a mini trampoline workout. They are low impact and so much fun! You'll leave feeling ready to jump into our Bounce classes at The Mix Studios or purchase your own for home. Only $1. For more information contact The Mix Studios at (734) 845-9105 or visit the-mix-studios.com.

Balanced Brain & Body with Katy Held • Saturday, February 1 • 1:30 to 2:30 p.m. • Adults of all ages, come join us for a fun and engaging playshop of movements and rhythmic passing games. Work your whole brain, body, sense of balance, and destress! Can be done standing or seated). Perfection is not required; fun and laughter is the goal! $30. For more information contact The Mix Studios at (734) 845-9105 or visit the-mix-studios.com.

Pelvic Power with Suzanne Willets Brooks • Saturday, February 15 • 1 to 4:00 p.m. • The evidence-based Franklin Method® pelvic power class will help

you understand and embody the anatomy of the pelvis, hip joints, sacrum, and the pelvic floor. We will use Dynamic neurocognitive imagery, proprioception, and efficient movement patterning to help you move with more ease and feel at home in your body. $100. For more information contact Suzanne (734) 323-9664 or email suzannebodywise@gmail.com.

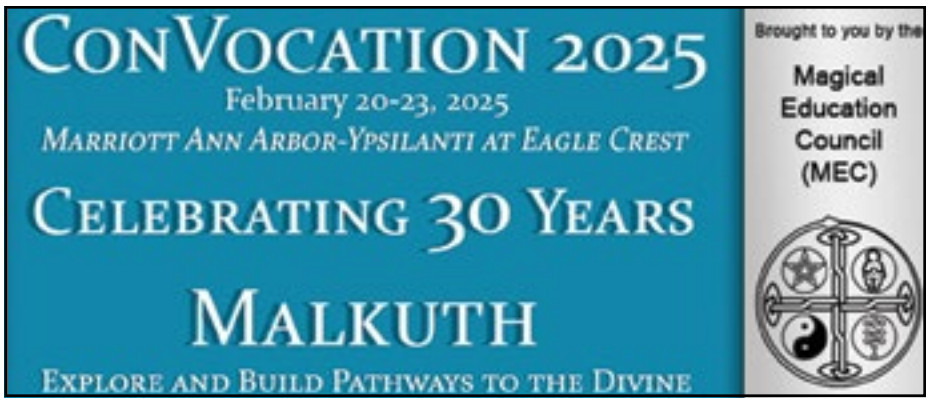
MOVE Well in Midlife Program with Elaine Economou • Monday February 17, 20, 24, 27, March 3, 6, 10, 13, 17 & 20 OR April 21, 24, 28, May 1, 5, 8, 12, 15, 19 & 22 • 5:30 p.m. A six-week movement program tailored for women moving through the menopause transition. Build a safe, targeted, and effective strength routine alongside peers in a supportive environment. We've planned everything to help you navigate this transition with confidence. $594. For more information contact office@movewellness.com.

Liberate Your Shoulders, Arms & Hands with Suzanne Willets Brooks & Recentered Pilates • Saturday, March 15 • 1 to 4:00 p.m. • In this evidence-based Franklin Method® workshop, we will explore the anatomy of the shoulder girdle, arms, and hands. We will embody our bones, muscle, and fascia through imagery, movement, proprioception, and touch. We express, push, pull, hang, and create with our arms. Learn how to keep this powerful part of our body moving with efficiency. $100. For more information contact Suzanne (734) 323-9664 or email suzannebodywise@gmail.com.

Balance and the Vestibular System with Suzanne Willets Brooks • Saturday, April 12 • 1 to 4:00 p.m. • In this evidence-based Franklin Method workshop, we will explore balance and its connection to your ears, eyes, and nervous system. Balance depends on proprioception and our other senses. We will use movement, touch, exercise balls, and resistance bands to help clarify our senses, create better bone rhythms, and muscular connections. For more information contact Suzanne (734) 323-9664 or email suzannebodywise@gmail.com.

Festivals and Fairs

Enlightened Soul 2-Day Psychic Fair with Amy Garber • Ongoing First and Third Weekends • Saturday from Noon to 6: 00 p.m., Sunday from Noon to 5:00 p.m. • Join us for a fun-filled day! We have a selection of readers and healers for your enjoyment, along with visiting vendors for shopping! A great way to explore a variety of readings and healings at one time, under one roof. Events include intuitive tarot and oracle card readings, psychic reading, mediums, energy healers, and spirit art. Saturday $5 and Sunday $3. For more information contact Amy at (734) 358-0218, email amy@enlightenedsoulcenter.com, or visit enlightenedsoulcenter.com.



Film

Free Film & Discussion with Jewel Heart Instructors • Friday, February,14, March 14, and April 11 • 7 to 9:15 p.m. • *Don't Look Up,* 2021. Two low-level astronomers must go on a giant media tour to warn humankind of an approaching comet that will destroy planet Earth. Don't Look Up demonstrates how not listening to Science can turn out. FREE, concessions available. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

- *Take Shelter,* 2012. Plagued by a series of apocalyptic visions, a young husband and father questions whether to shelter his family from a coming storm or from himself. FREE, concessions available.

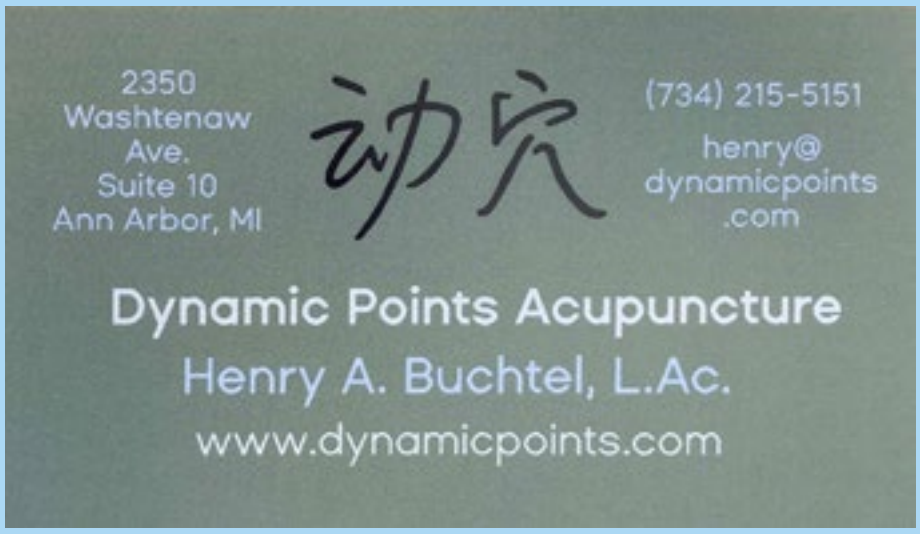
- *Melancholia,* 2012. Despite all best efforts, a marriage celebration becomes a fiasco with family tensions mounting and relationships fraying. Meanwhile, a planet is heading directly at earth, threatening the very existence of humankind.

Healing

Healing and the Ever-Healed Workshop via Zoom with Barbara Brodsky, Aaron, The Mother, Tavis Taylor & John Orr • Saturday, February 8 through Thursday, February 13 • 10 a.m. to 2:00 p.m. & 3:30 to 6:00 p.m. • For many centuries we have been in a transitional phase of human consciousness. Right now, we're at a tipping point, preparing to shift into what will come next. Our intention is that through this workshop you find a more stable way to rest in your own divine center and release the distortion within yourself and the Earth. Suggested donation: $180-$660. For more information contact the Deep Spring Center at (723) 477-5848, email om@deepspring.org, or visit deepspring.org.

Resources for Conscious Living

Dr. Kong Acupuncture and Fertility Center
Sleep Better. Reduce Stress. Eliminate Pain.
4343 Concourse Drive, Suite #100, Ann Arbor
734.358.3379
acupuncture-annarbor.com



THE CRAZY WISDOM CALENDAR

Client Appreciation Day & 10th Anniversary Open House Celebration with Rob Meyer Kukan and Notes Natural Health • Saturday, April 26 • 2 to 5:00 p.m. • You are invited to a spring Open House to celebrate 7 Notes! Are you a current client? Are you a new client? Are you curious and hope to be a client? This day is for you! Come, check out our offerings, learn about what 7 Notes Natural Health is all about, and celebrate our tenth anniversary! FREE. For more information contact Rob at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Herbal Medicine

Mindful Explorations at Crazy Wisdom: Yuliya Koval on Herbs • Thursday, February 6 • 7 to 8:30 p.m. • Join us for a casual evening of fun and entertainment while preparing a healthy herbal tonic. During this event, you will learn about basic herbal mixes, foraging techniques, optimal harvesting times, and interesting methods for herb preservation. Yuliya, who incorporates practices passed down from her ancestors, will share her knowledge and experiences gained over generations. For more information contact Yulia at ykoval7@yahoo.com or email events@crazywisddom.net.

Intuitive and Psychic Development

Focused Mind Meditation: Teleconference with John Friedlander • Sunday, February 2, March 2 & April 6 • 9:00 a.m. to Noon • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability. You will also gain a whole new level of mental clarity and spiritual openness. $15. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

Psychic Psychology Women's Group: Teleconference with John Friedlander & Gloria Hemsher • Tuesday, February 4, March 4 & April 1 • 7:00 p.m. • For Women Only; meditations concentrating on women's issues relative to biological energies as well as that of the aura. $10. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

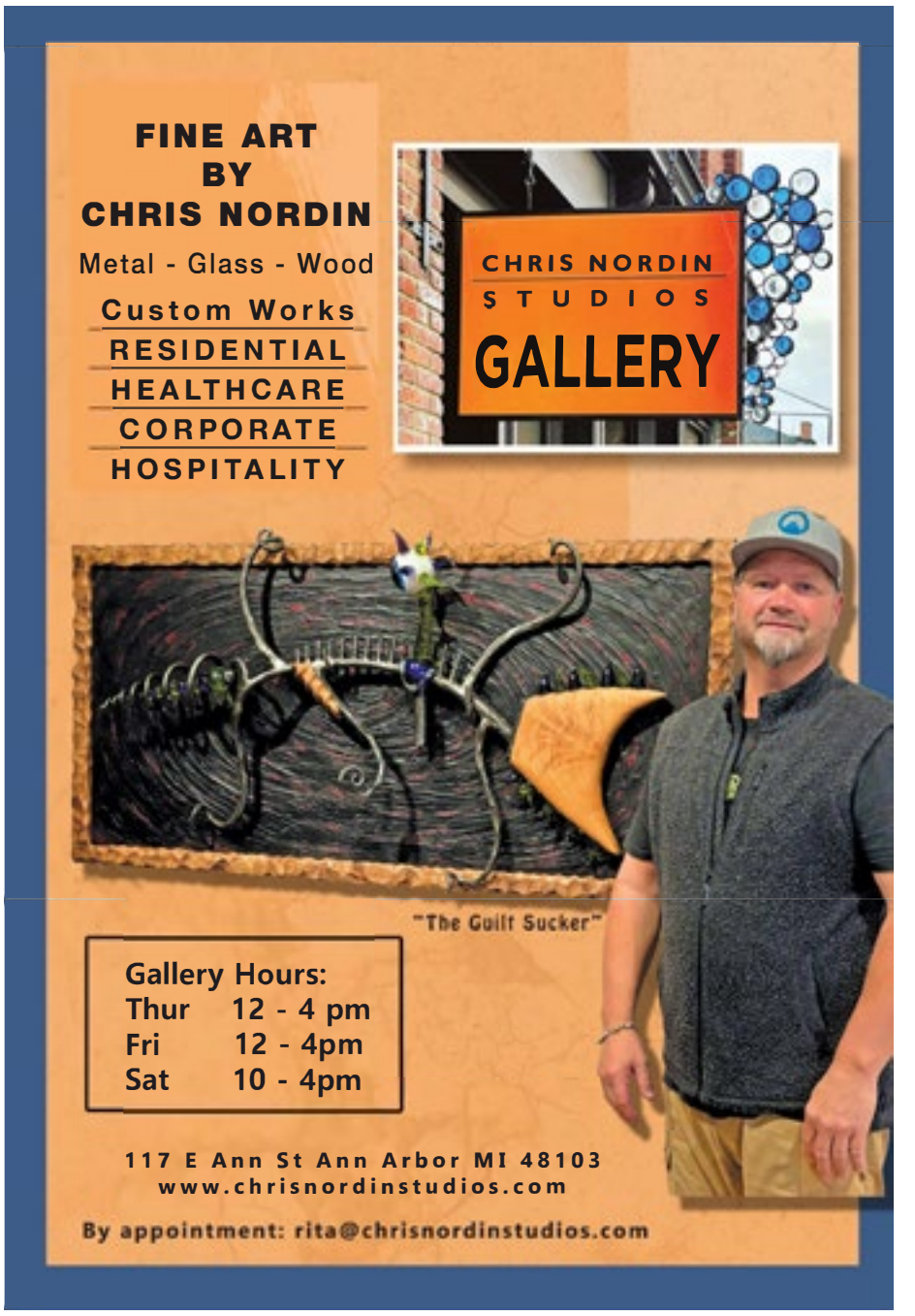
Mindful Explorations at Crazy Wisdom: Dr. Monalise Chinn on Intuitive Awareness • Thursday, February 27 • 7:00 p.m. to 8:30 p.m. The Art of Discernment: Learn how intuition and understanding the emotional guidance system can make decision-making easier. This seminar will help with moving beyond the linear and logical to whole body awareness when choosing our next steps. Using this awareness and putting it into practice can result in more fulfilling and heart-centered living. For more information contact Yulia at ykoval7@yahoo.com or email events@crazywisddom.net.

Spring Intensive Webinar & Teleconference with John Friedlander • Thursday, April 10 & Friday April 11 from 7 to 9:00 p.m., Saturday, April 12 & Sunday, April 13 from 10:00 a.m. to Noon & 2 to 4:00 p.m. • New material introduced with continued development of advanced and core techniques, seeking a natural sense of skill in everyday life. Prerequisite: Level 1 Psychic Development class, CD set or by permission of instructor. $275. For more information contact Gilbert at gchoud@yahoo.com or visit psychicpsychology.org.

Massage

Visit & Observe a Massage School with the Ann Arbor School of Massage, Herbal, and Natural Medicine • Ongoing Thursdays & Fridays, through February 28 • 11 to 11:30 a.m. • Entering a professional program is an important decision for the student and for the school! You will gather information about our clinic services, prices, and scheduling. We invite those considering a career in bodywork, massage, and the healing arts (including herbal medicine), to drop in on a class. RSVP required. FREE. For more information contact the Ann Arbor School of Massage, Herbal, and Natural Medicine at (734) 769-7794.

Observe a Prone Massage with the Ann Arbor School of Massage, Herbal, and Natural Medicine • Friday, February 7 • 11 to 11:45 a.m. • Oh those tense shoulders! That pain in your lower leg! All this and some great cranial work can be done prone. Observe a professional LMT faculty demonstrate a half hour of posterior bodywork with our class in the studio! RSVP in advance please. FREE. For more information contact the Ann Arbor School of Massage, Herbal, and Natural Medicine at (734) 769-7794.



Mindful Explorations at Crazy Wisdom: Denise Held on Reflexology • Thursday, March 27 • 7 to 8:30 p.m. • Denise Held, RN and foot reflexologist, will introduce the fundamentals of foot reflexology and discuss its potential health benefits. She will explain Reflexolo-chi™, the unique technique she practices, and offer a sample hands-on session for those interested. For more information contact Denise at denisebheld@gmail.com or email events@crazywisdom.net.

TMJ Massage Demonstration with Patti Steven • Friday, April 4 & May 2 • 10 to 10:30 a.m. • Patti Stephen, LMT and long-term dental professional, will offer two demos for guests and students to observe on resolving and approaching TMJ tension. FREE. For more information contact the Ann Arbor School of Massage, Herbal, and Natural Medicine at (734) 769-7794.

Meditation

Guided Meditation for Healing & Growth with Mara Evenstar • Ongoing Thursdays • 6:30 to 7:30 p.m. • Feel more grounded, centered, and embodied while expanding your consciousness and disciplining your mind. These meditations will also support your ability to stabilize and maintain access to your sense of well-being and resilience. Great for beginners or as a complementary experience to more advanced practitioners of other disciplines. Donation based. For more information contact Mara at Mara@evenstarschalice.com or visit evenstarschalice.com.

Meditation on Compassion with Khenpo Tshering Chophel • Saturday, February 1, 8, 15, 22, March 1, 8, 15, 22, April 5, 12 & 26 • 10:30 to 11:30 a.m. • Meditating on compassion opens our hearts to genuinely care for all beings. Recognizing that everyone shares the wish to be happy and free from suffering, we practice broadening our focus beyond our own wellbeing. Ongoing; participants can attend whenever they wish; no prior meditation experience necessary. FREE, donations accepted. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

White Tara Guided Healing Meditation with Jewel Heart Instructors • Sunday, February 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 6, 13, 20 & 27 • 9:30 to 10:35 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. FREE, donations welcome. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Healing and Compassion Meditations with Hartmut Sagolla • Monday, February 3, 10, 24, March 3, 10, 17, April 7, 14, 21 & 28 • Noon to 1:00 p.m. • Hartmut Sagolla leads a 30–40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. FREE. Donations welcome. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

GOM Day of Meditation with Jewel Heart Instructors • Tuesday, March 22 • 9:00 a.m. to 5:00 p.m. • Meditation is an essential tool that helps develop peace, joy, concentration, and wisdom. The day includes practice sessions with light guidance. Instructors are available for assistance. Silence will be enjoyed throughout. Come when you can. Free. Donations welcome. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

A Day of Mindfulness Meditation with Sister Esther Kennedy • Saturday, February & March 1 • 10:00 a.m. to 2:00 p.m. • Join our mindfulness community as we deepen our understanding of and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amplify our capacity to be loved within family, neighborhood, city, and world. $35, lunch included. For more information, contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Mastering Meditation with Kapila Castoldi • Sunday, March 16, 23 & 30 • 2 to 4:00 p.m. • Introductory Meditation Series offered by the Sri Chinmoy Centre. Topics include concentration, relaxation, and breathing techniques; exploring meditation on the heart chakra; the awakening of inner awareness; the role of music and mantras. FREE. For more information contact Kapila at (734) 994-7114, email castoldi@oakland.edu, or visit meditationannarbor.com.

Nature's Harmony/Earth Day Sound Bath with Rob Meyer Kukan • Friday, April 11 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan at Breathe Yoga in Chelsea for a nature's harmony and earth day sound bath. $30. For more information contact Amy at (734) 883-7427, email amy@breatheyogachelsea.com, or visit breatheyogachelsea.com.

Music, Sound, and Voice

Folk Song Jam Along with Jean Chorazyczewski and Lori Fithian • Tuesday, March 4 & Wednesday, February 5 & April 2 • 6:30 to 7:30 p.m. • Bring your voices and/or any acoustic instrument to sing and play—just for fun! Choose from 300+ songs spanning genres, from ABBA to Seeger. We project lyrics & chords up on the screen so you can sing and/or play along: All instruments,

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THE CRAZY WISDOM CALENDAR

voices and ages welcome! FREE. For more information contact Lori and Jean at (734) 678-6148 or email folksongjamalong@gmail.com.

Cafe 704 with Interfaith Center for Spiritual Growth • Saturday, February 8, March 8 & April 12 • 7 to 9:00 p.m. • Live music in a smoke and alcohol-free venue, in person or livestream on Zoom. John Churchill and Peter Madcat Ruth (January 11), Sari Brown (February 8), Emily Slomovits and Friends, a tribute to Joni Mitchell (March 8), Kath Weider (April 12). $10. For more information visit interfaithspirit.org.

Sound Bath Experience with Katie Schroeder • Saturday, February 22 • 4 to 5:00 p.m. • Sound Bath begins with accessible yoga poses. Then you'll settle in and enjoy the calming sounds and vibrations of the singing bowls, tuning forks, and a rain disk. Our instructor uses the sound and her voice to help you wind down from the week, get cleared and energized for the week ahead. $30. For more information contact The Mix Studios at (734) 845-9105 or visit the-mix-studios.com.

Resonant Relaxation: Daytime Sound Bath with Rob Meyer- Kukan • Wednesday, March 19 from 10 to 11:00 a.m. AND/OR Thursday, February 20, & April 17 from 1 to 2:00 p.m. • Are you a busy parent who loves sound baths but can't attend an event in the evening? Do you have a job that requires evening hours? Are you just plain busy? This hour-long sound bath is for you! $30. For more information contact Rob at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Intro to Sound Therapy Workshop with Rob Meyer Kukan • Saturday, February 1 • 10:00 a.m. to 4:00 p.m. • In this workshop we will explore how healing with sound works. Participants will learn the basics of sound, the history of sound therapy, the tools used in sound therapy, and the applications for group and individual use of sound therapy. $325. For more information contact Rob at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Community Sound Bath with Rob Meyer-Kukan • Friday, February 7 AND/OR April 4 • 7 to 8:30 p.m. Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. Celebrate the Earth with the special Earth Day theme in April! $40. For more information contact Amy at (734) 883-7427, email amy@breatheyogachelsea.com, or visit breatheyogachelsea.com.

Cacao + Sound with Rob Meyer Kukan • Friday, February 14 • 7 to 9:00 p.m. • Join us for a special Valentine's Day themed, heart opening cacao ceremony supported by sacred sound. Using ceremonial grade cacao, pure intention, and over 40 different instruments, Rob will create an experience that will immerse you in peace and tranquility. $40. For more information contact Rob at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Sound Bath Lessons Kick Off Event with Rob Meyer-Kukan • Friday, March 7 • 7 to 8:30 p.m. • Prepare your heart and mind for the arrival of spring! Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. $40. For more information contact Rob at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Dreamscape Sound Bath with Rob Meyer Kukan • Friday, March 14 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan at Breathe Yoga in Chelsea for a dreamscape-themed sound bath. $30. For more information contact Amy at (734) 883-7427, email amy@breatheyogachelsea.com, or visit breatheyogachelsea.com.

Pagan Spirituality

Witches Night out with Moira Payne • Wednesday, February 12, March 12, April 9 & May 14 • 6 to 8:00 p.m. • Join like-minded individuals to discuss upcoming events, share topics of interest, and answer questions. This is a judgment-free zone, open to everyone! Come to share, listen, learn, and enjoy the gorgeous new space upstairs at Crazy Wisdom. FREE. For more information contact Moira at (734) 846-2012 or email mopayne@umich.edu.

ConVocation 2025 with Christopher Penczak, Benebell Wen, Mat Auryn, Devin Hunter, Priestess Stephanie Rose Bird, and more • Thursday, February 20 at 5:00 p.m. through Sunday, February 23 at 4:00 p.m. • Come celebrate our 30th year at this all-inclusive event with drumming, rituals, hundreds of workshops, vending and art area, psychic readers, a masquerade ball, children's and teen program, and more. We offer classes on mystical and esoteric traditions for beginner to advanced during this 4-day event at the Ypsilanti Eagle Crest Hotel, 4007 Carpenter Rd, #383, Ypsilanti, MI 48197. $125. For more information visit ConVocation.org.

Peace

Peace Generator with Craig Harvey • Friday, February 21, March 21 & April 18 • 7 to 9:00 p.m. • Join our silent circle as we meditate on and pray for healing, miracles, and peace in ourselves and across the globe. Drop in at any time during this event. Donations gratefully accepted. For more information contact peacegenerator2001@gmail.com.

Personal Growth

Lunch & Learn with the Weber Center • Wednesday, February 12, March 14 & April 9 • 12:15 to 1:00 p.m. • Topics are as follows: February 12: Technology Update. March 14th Oh, My Aching Back! April 9: Spice Up Your Cooking! Bring your own lunch, drinks & dessert are provided. FREE, or $7 with the purchase of lunch from the center. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Reiki

Reiki Share for Reiki Practitioners and Non-Practitioners with Verapose Yoga & Meditation House • Sunday, February 2, March 2 & April 6 • 4 to 5:15 p.m. • A Reiki share is a gathering where people can give and receive Reiki treatments in a group setting. No experience or attunement necessary; this is open to all and is a relaxed, casual atmosphere to share and create connection. $20. For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

Mindful Explorations at Crazy Wisdom: Suzy Wienckowski on Reiki • Thursday, March 13 • 7 to 8:30 p.m. • Suzy Wienckowski, Reiki Master, will speak on the Usui System of Reiki Healing. It is a gentle, hands-on healing art that promotes balance of the whole person and facilitates healing of the body/mind/spirit. You will have an opportunity to experience Reiki and learn

the benefits of a self-practice. FREE. For more information contact Suzy at suzyreiki@aol.com or email events@crazywisddom.net.

Usui System of Reiki Healing, Second Degree with Suzy Wienckowski • Saturday, March 22 from 10:00 a.m. to 4:30 p.m. & Sunday, March 23 from 10:00 a.m. to 1:00 p.m.• Second level of training in the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. First Degree is a prerequisite. $500. For more information contact Suzy at (734) 476-7958 or email suzyreiki@aol.com.

Usui System of Reiki Healing, First Degree with Suzy Wienckowski • Saturday, April 5 from 10:00 a.m. to 5:00 p.m. & Sunday, April 6 from 10:00 a.m. to 1:00 p.m.• Reiki is a gentle, hands-on healing practice that promotes balance and harmony of the Body/Mind/Spirit. Reiki is easily learned by all and after initiation by a Reiki Master healing energy flows effortlessly through your hands. Class includes the history of Reiki, treatment form for yourself and others, and individual initiations. $200. For more information contact Suzy at (734) 476-7958 or email suzyreiki@aol.com.

Retreats

Beginner's Zen Retreat & Meditation Class with Ordained Dharma Teachers • Friday, OR March 21 & 22 • The viewpoint of Zen is that life's every moment is fully lived and contains purpose in itself, not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, breathwork, meditation postures, concentration, and mindfulness practice. This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course or prefer the overnight retreat, are also welcome. $160. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Inner Peace Retreat with Song of the Morning Community & Staff • Friday through Sunday, the weekends of February 7 through 9, OR Friday, March 21 through 23, OR April 11 through 13 • Relax into the supportive, collective energy of group meditations, devotional practices, and community meals. Our unique meditative style of hatha yoga is suitable for all levels of experience. Walking trails immerse you in the beauty of nature. Come to unwind, recharge, and reconnect with your inner core of peace. $108. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

One Day Meditation Retreat with Ordained Dharma Teachers • Saturday, February 22 & March 8 • 9:00 a.m. to 5:00 p.m. • This retreat includes sitting and walking meditation, simple manual work, vegetarian meals, and rest. It is an interval of deepening, of slowing down, silence, and mindfulness. Vegetarian lunch is included. $60. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Daylong Meditation Retreat with Carol Blotter • Saturday, March 8 • 9:00 a.m. to 4:00 p.m. • Meditation practice of sitting and walking with a short talk. Find peace and calm in the quiet woods. Appropriate for all levels of meditators. Suggested Donation of $30-60; pay what you can. For more information contact the Michigan Friends Center at manager@mfcenter.org.

Four-Day Spring Retreat (Yongmaeng Jeongjin) with Haju Sunim • Wednesday, April 2 through Sunday, April 6 • This retreat is a silent, intensive period of Zen practice geared toward the experienced student. $240. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

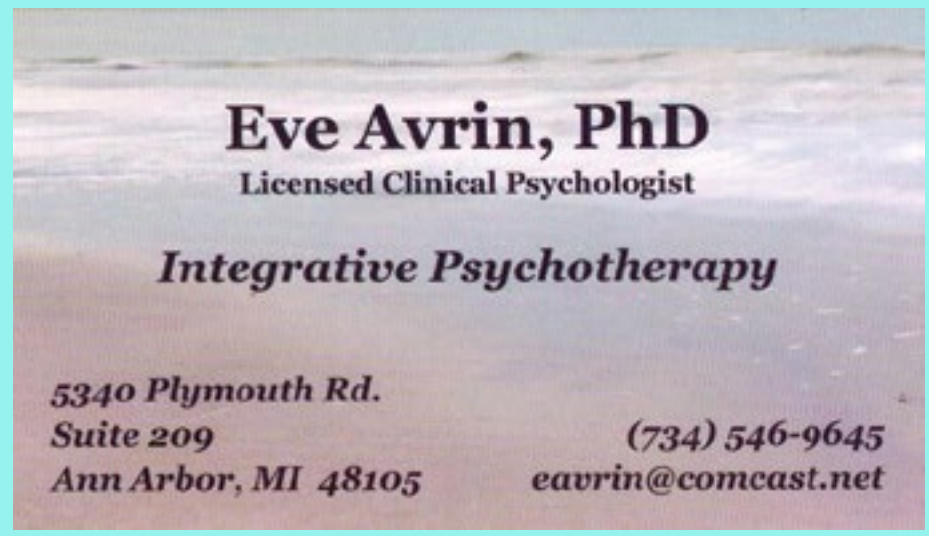
Holy Week Retreat with Patricia Harvat • Sunday, April 13 to Thursday, April 17 • "There's a time to live and a time to die. In between there's a time to remember." *Violeta* by Isabel Allende. Journey with Mary during these sacred days and experience the passion and death of Jesus through her eyes and heart. Single room is $425; double $325: commuter $180. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

Building Resilience through Meditation: Spring Retreat with Khenpo Tshering Chophel • Friday, April 18 through Sunday, April 20 • Peace can only come from within, and this weekend will provide tools for maintaining your equilibrium and skillfully handling confusing emotions when the ocean of life tosses you off balance. This is a secular retreat taught by a Buddhist monk.! Attend part or all of the weekend, stay on- or offsite. $225 includes meals, optional overnight accommodations additional. No one turned away for lack of funds. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Shamanism

Journey Circle with Judy Liu Ramsey • Thursday, February 6, 20, March 6, 20, April 3 & 17• 7 to 8:30 p.m. • Join other shamanic practitioners to explore life cycles and energies. Pre-requisite: must know how to journey. Instruction is not provided in this circle. $25 per session, $40 per month. For more information contact Judy Liu Ramsey at info@judyramsey.net or visit JudyRamsey.net.

Resources for Conscious Living



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From Our Archives

Do Unto Others: A Modest Proposal

By Sandor Slomovits

One morning earlier this year, I went to buy tires at a local store I've patronized for over four decades. The man behind the counter and I recognized each other, he's worked there for many of those years. After we said our hellos, I told him what I needed and he said, "I've got the tires, but only one guy to put them on the cars. I'm full up today and for the rest of the week." (This was on a Tuesday morning.) "Come back next Monday," he said.

I've been driving for 55 years, and my work as a touring musician has meant that I've driven a great many miles. I've worn down and replaced a lot of tires. No one has ever before said they couldn't sell me tires for almost a week.

I've encountered similar worker shortages lately at my pharmacy, in grocery stores, and in other settings. I'm not the only one. The media has been full of stories about labor shortages in many parts of the economy, about the large percentage of health care workers, teachers, and childcare providers who are contemplating retiring, and about baby boomers who are retiring earlier than they'd planned to before the pandemic hit. People—young, older, skilled, unskilled, blue collar workers with low paying jobs, and white collar workers with large salaries have all quit at unprecedented rates in the past year. And the Great Resignation and the Great Retirement of 2021 appear to still be going strong in early 2022. It seems that the pandemic has once again taught America to sing "Take This Job and Shove It!" like we did when country music star Johnny Paycheck's version of the David Allan Coe song was in heavy radio rotation in 1977. Our current collective response to the pandemic is in stark contrast to the Rosie the Riveter phenomenon of WWII, when a great many women who had not previously worked outside the home stepped into the labor force to take the place of the men fighting overseas.

All this has had me remembering and reflecting on some of my earliest work-related memories.

My first job was as a clerk in the hardware section of a Caldor department store in upstate New York in the summer of 1966, just after my junior year of high school. (That I didn't have a job before then is a testament to my parents' over-protectiveness, and to our relatively comfortable financial status.) A few days after I started, I was stocking shelves when a man asked me about the location of some item. I didn't know where it was and told him I'd go and find out. As I turned to leave, he said to his wife, not bothering to lower his voice, "Ez egy hulye. Nem tudd semmitt." Which is Hungarian for, "This one is stupid. He doesn't know anything." I turned around and said, "Eloszor is, nem vagyok hulye. Masodszor, todok beszelni Magyarul." Which is Hungarian for, "First of all, I am not stupid. Second, I do know how to speak Hungarian."

When I'd been hired a few days earlier, it had been emphasized to me that the customer is always right. Nobody said anything about some customers acting like they had the right to behave badly, but as it turned out, a disheartening number did.

My next job, after college, was parking cars. (Why I decided on that line of work after graduating with a BA in History from a pretty good university is a tale for another time.) I didn't mind most aspects of my job but hated the attitude of a significant number of my customers. Most of them were white collar professionals: lawyers, doctors, university professors, and businessmen. Not many ever said hello or good-bye. Few felt obliged to say thank you or please, even when they asked for, and received, special favors. They regularly felt free to rudely express their frustrations at not being served as quickly as they wanted, even when they saw that others were ahead of them and that I was hustling. I interpreted their thoughtlessness and carelessness as their way of conveying their self-perceived superiority, and my less-than status. My bosses were no better; besides paying only minimum wage—which then, as now, was not a living wage—they were rarely respectful or accommodating. They knew they could easily replace me if I quit.

I became keenly sensitized to this lack of common courtesy, the absence of these basic signs of respect, and began to see it also directed at other people who worked at jobs on the low end of the economy. I noticed it everywhere. I saw that waiters, gas station attendants, janitors, and others all got similar treatment from some of the people they served. The experiences left a powerful and lasting impression on me.

After parking cars for about two years, while I was beginning to learn my craft as a folk musician, I worked as a janitor for a couple of weeks. (Another long story—how I got that job, and how and why I was promoted.) Years later, when I began playing music in elementary schools, my brief stint as a janitor gave me extra insight and appreciation for the work that school custodians do—how critical they seemed to be to the smooth working of every school.

After about three years of parking cars, working as a janitor, and at a few other similar employment experiments, I was able to quit those jobs and begin focusing all my energies into playing music and everything that went along with trying to make a life in the arts. Over the many years since then I have frequently been aware just how fortunate I have been. "Must be nice to have a job where people applaud when you do it," a friend once told me, her tone making it clear that that was not her daily experience of work, even though she had what looked to me like a pretty good and reasonably paying job. "I'd give my right arm to be able to do what you're doing," is another line I've heard many times over the years. I've always listened sympathetically. It's not been hard to sense how much frustration and pain is driving that otherwise nonsensical sentence.

Read the rest of the article online!

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Basic Shamanic Journeying with Judy Liu Ramsey • Saturday, February 1 & Sunday, February 2 • 7 to 9:00 p.m. • Shamanic journeying is an easy and powerful tool used to access spiritual information. The class introduces you to shamanism and easy techniques that will help you move safely and intentionally through the world in a balanced way. This class is prerequisite to more advanced shamanic studies, taught online via ZOOM. $160 per person, $80 for repeating students. For more information contact Judy Liu Ramsey at info@judyramsey.net or visit JudyRamsey.net.

Shamanic Animal Communication with Judy Liu Ramsey • Tuesday, February 4, 11, 18, 25, March 4 & 11 • 7 to 9:00 p.m. • Learn the difference between telepathic and shamanic animal communication; learn how to apply the best of both in an integrated way. Join us for this deeply spiritual exploration of communication. Knowledge of telepathic communication not required. Optional mentoring sessions are offered with this class on Mondays following. Class is online via ZOOM. $300, $150 for repeat students. For more information contact Judy at info@judyramsey.net or visit JudyRamsey.net.

Shamanic Personal Safety: Creating Sacred Protected Space with Judy Liu Ramsey • Saturday, March 15 • 9:00 a.m. to 4:00 p.m. • Learn techniques for creating sacred space, and why energy hygiene is critical in shamanic work. The class will be taught online via ZOOM. $90. For more information contact Judy Liu Ramsey at info@judyramsey.net or visit JudyRamsey.net.

Medicine For the Earth with Judy Liu Ramsey • Wednesday, April 2, 9, 16, 23, 30, May 7 & 14 • 7 to 9:00 p.m. • Transform the energy behind toxic thoughts for balance in yourself and harmony in your world. Connect with nature, spirit allies, and the elements to transform and heal yourself, the community, and environment. Suggested reading: *Medicine for the Earth* by Sandra Ingerman. All traditions welcome. Journeying skills not required. Class is online via ZOOM. $400, $200 for repeating students. For more information contact Judy Liu Ramsey at info@judyramsey.net or visit JudyRamsey.net.

Spiritual Development

That Which is Already Awake is the Path: Awakening to the Joy and Unconditional Love Within with Barbara Brodsky, Aaron, and John Orr • Tuesday, February 4,18, March 4,18, April 1, 22, May 6 & 20 • 6:45 to 9:00 p.m. • The class period will be a mixture of meditation instruction and exploring a question together. What is this true self we find when we release identification to the outer forms of body, emotions, and thoughts? Suggested donation: $180-$630. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org or visit deepspring.org.

Humans: Divine Co-creators in the Cosmos with Barbara Brodsky, Colette Simone & Spirit Friends • Saturday, March15 & April 26 • 11:00 a.m. to 3:00 p.m. • This workshop reminds us that we are part of a multidimensional cosmos in which there are many other beings. We will consider how we can learn to understand and collaborate with others, bringing the gifts of the human to this inter-cosmos collective. Embrace the diversity and complexity of form and learn to co-create. Suggested donation: single workshop-$30-$110; all three workshops $90-$330. For more information contact the Deep Spring Center at Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Life's Interruptions: Frustrating Disturbances or Holy Gifts? With Janet Schaeffler • Saturday, February 22 • 9:30 a.m. to 3:30 p.m. • What is your life like? Do you ever feel as though it is more about interruptions than about what you have planned to do? Our time together will explore the question: How do we, as disciples of Jesus, as ministerial leaders, live in and with the interruptions of our lives? $45, includes lunch. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

Diamond Gathering: Loving the Truth Part One with Lou Weir • Saturday, March 8 • 9 to 11:30 a.m. • This teaching is open to the public. There will be a meditation, teaching, and personal exploration of the topic of loving the truth; how it brings presence to the moment to see what is true for us. FREE. For more information contact Lou at diamondworkmichigan@gmail.com.

A Jesuit's Guide to the Stars with Brother Guy Consolmango • Thursday, March 13 • 1:30 to 4:00 p.m. • Jesuit spirituality is centered on finding God in all things. What better represents "all things" than the universe itself? Indeed, Jesuits have figured prominently in the history of astronomy, engaging both the mind and the heart. Registration required, live stream available. $35. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

Diamond Gathering: Loving the Truth Part Two with Lou Weir • Saturday, April 5 • 9 to 11:30 a.m. • This teaching is open to the public and accompanies part one. There will be a meditation, teaching, and personal exploration of the topic of loving the truth; how it brings presence to the moment to see what is true for us. FREE. For more information contact Lou at diamondworkmichigan@gmail.com.

Diamond Gathering: Practicing Presence with Lou Weir • Saturday, May 3 • 9 to 11:30 a.m. • This teaching is open to the public. There will be a meditation, teaching, and personal exploration of the meditation and practicing presence, a simple but powerful tool for personal understanding. FREE. For more information contact Lou at diamondworkmichigan@gmail.com.

Resources for Conscious Living

THE CRAZY WISDOM CALENDAR

Sustainable Living Skills

Candle-making & Cob Crafts with Deanne Bednar • Saturday, February 15 • 10:00 a.m. to 5:00 p.m. • Enjoy a day of creating with wax and earth, dipping candles, sculpting with cob in the sweet surrounding of the Strawbale Studio land. Bring a friend and relax into the process. Held in the main house on 50 wooded acres. Check out the Strawbale Studio while you are here. $60, includes materials. For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org

Learning Tour at Strawbale Studio with Deanne Bednar • Sunday, February 23 • 10:00 a.m. to Noon • See the enchanting buildings and grounds, earth oven, living and thatched roofs, sculptural plaster, and strawbale walls. Ask questions! Learn about upcoming tours & classes in sustainable living skills held throughout the year. $20. For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org

Tai Chi, Martial Arts, and Self Defense

Chen Style Tai Chi Chuan with Joe Walters • Ongoing Tuesdays, Thursdays & Saturdays • 4 to 5:00 p.m. • Learn basic training and forms of Chen Style Tai Chi Chuan. FREE. For more information contact Joe at annarbortaichi@gmail.com or visit annarbortaichi.com.

Wu Style Tai Chi Chaun with Marylin Feingold • February 2, 9, 23, March 2, 9, 16, 23, 30, April 6, 13, 20 & 27 • 3 to 4:00 p.m. • Learn the ancient art of meditation in motion with this "soft style" martial art emphasizing relaxation and balance. Drop-in, $5 per session collected at the door. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Gentle Qigong with Rory Walsh • Saturday, February 1, 8, 15, 22, March 1, 8, 15, 22, 29, April 5 & 12 • 10 to 11:15 a.m. • Join us for a harmonizing flow of head-to-toe movement, meditation, and self-acupressure to help you to center and navigate the changing seasons. It is a fun and invigorating self-care practice for all ages and experience levels. $15 Drop-in or $150 for the semester. For more information contact the Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Work and Right Livelihood

Finances for Families with Jesse Geary & Maria Princen • Saturday, February 8 • 11:00 a.m. to Noon • For parents planning their financial futures, sometimes a Google search just won't do. Join this community workshop on the tough topics like saving for kids' college, trying to retire, and reaching your mission and dreams. FREE. For more information contact Maria Princen at (734) 646 0069, emailcontact@geddicapital.com or visit geddicapital.com.

Writing and Poetry

Crazy Wisdom Poetry Series with Edward Morin, David Jibson & Lissa Perrin • Writers Workshop: Wednesday, February 12, March 12 & April 8 • Readings: February 26, March 26 & April 23 • 7 to 9:00 p.m. • Workshop writers present and discuss their poems and fiction. Featured readers perform; open mic follows. Featured readers: Ron Koertge, poet, won two PEN Awards (Feb. 26); Leslie Schultz, author of *Geranium Lake* (March 26); Shonda Buchanan, poet & author of memoir *Black Indian* (4/23). FREE. For more information contact Edward at (734) 668-7523, email eacmorso@gmail.com or visit cwcircle.poetry.blog.

Trees Get Along in a Forest: A Hybrid Writing Workshop with Tarianne DeYonker • Saturday, February 22 • 1 to 4:00 p.m. • For eons nature has been teaching about relationships–yes, relationships! In this workshop we'll explore possibilities as we pay attention and open ourselves to learning from her. You're invited to take this time for writing with others, reading what we have written, and learning the strengths that naturally show through our words. $35. For more information contact the Weber Center (at 517)266-4000 or visit webercenter.org.

Yoga

Hatha Yoga with David Black • Ongoing Tuesdays • 6:30 to 8:00 p.m. • Beginning and experienced students in the classes learn traditional yoga postures with an emphasis on relaxation, concentration, and breathwork. $12 per session. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Hatha Yoga with Sam Liebermann • Thursday, February 6, 13, 27, March 6, 13, 20, 27, April 3, 10, 17 & 24 • 9:15 to 10:15 a.m. • On-site only. Sam loves the process of creating and offering safe yet challenging yoga sequencing. She enjoys sharing her love of yoga with all levels of students and is deeply honored to pass the gift of yoga to others. Drop-in $15 per session. First visit is free! Cash or Venmo at door. Bring your own mats. For more information, contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Toddler Yoga with Courtney Fitzpatrick • Saturday, February 1, March 1 & May 5 • 8 to 8:45 a.m. • We'll be playing games, trying out some yoga poses, read a yoga-related book and have some fun! This is a wonderfully relaxed time to explore movement and to have some quality time together. $25 per class. For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

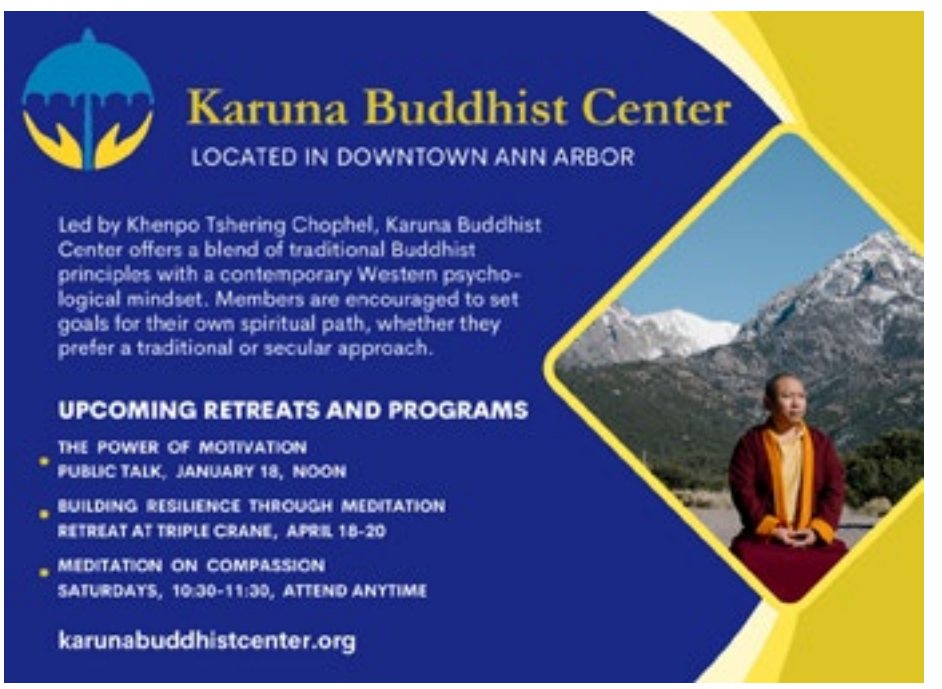
Monthly Moon Flow & Gathering with Courtney Fitzpatrick • Friday, February 8, March 14 & April 12 • 6:30 to 8:30 p.m. • Join us for this special offering to celebrate the full moon, which blends gentle yoga and movement, storytelling, as well as ample time for sharing/connecting and contemplation. $40. For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

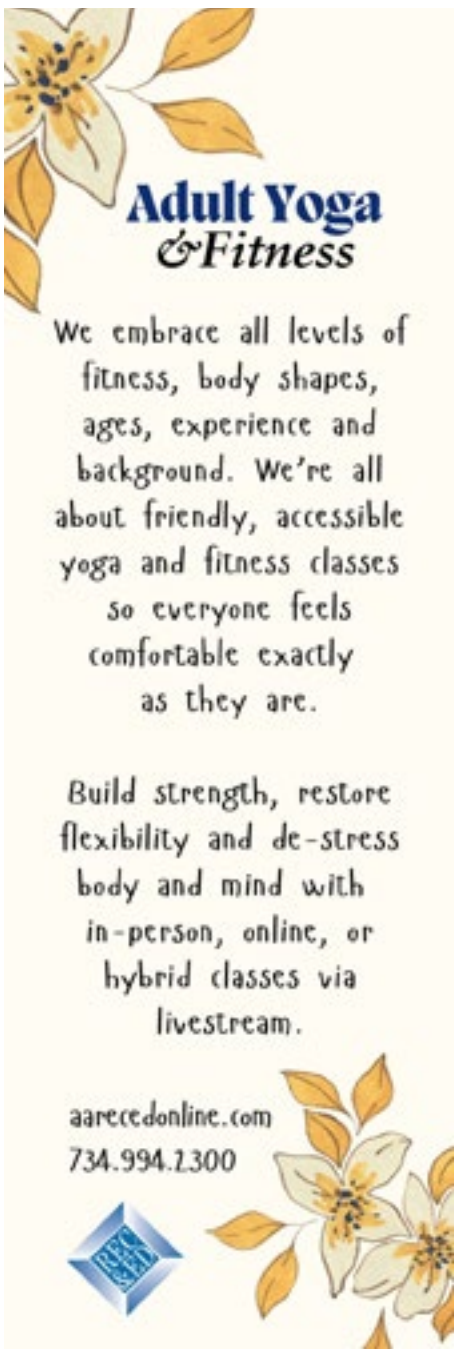
Valentine's Day Partner Yoga with Courtney Fitzpatrick • Friday, February 14 • 7 to 8:30 p.m. • Give your loved one a gift of your undivided attention, support and love while we move together in this fun partner yoga playshop! Of course, our Valentine's practice wouldn't be complete without enjoying some delectable sparkling cider and chocolate! $50. For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

Sound Bath and Yoga Experience with Katie Schroeder • Saturday, February 22 • 4 to 5:00 p.m. • Sound Bath begins with accessible yoga poses. Then you'll settle in and enjoy the calming sounds and vibrations of the singing bowls, tuning forks, and a rain disk. Our instructor uses the sound and her voice to help you wind down from the week, get cleared and energized for the week ahead. $30. For more information contact The Mix Studios at (734) 845-9105 or visit the-mix-studios.com.

Yoga Workshop: Balance is Not Just in the Legs with Joseph Leary • Saturday, April 12 • 1:30 to 2:30 p.m. • We all want balance, and as we move into spring, we can take lessons from yoga into life. This workshop is about finding balance in both standing and non-standing poses, in our bodies and minds. Some inversions may be taught with support, such as headstand if it is more comfortable. $30. For more information contact The Mix Studios at (734) 845-9105 or visit the-mix-studios.com.

Yoga Workshop: Mudras (Hand Poses) with Joseph Leary • Saturday, May 17 • 1:30 to 2:30 p.m. • Mudras are hand poses, each utilized for a unique intention. They can be used during yoga asanas, or more commonly, during meditation practice. This helps to set the intention of your practice as well as create energy connections through the hands and arms. $30. For more information contact The Mix Studios at (734) 845-9105 or visit the-mix-studios.com.





CRAZY WISDOM

Friday Live Music

February

7th Songwriters in the Round
Stuart Benbow, Beverly Meyer, Dan Hazlett, Jen Cass

14th Songwriters in the Round
Robb Cairns, Gary Browe, Roger Ponder

21st Mark Jewett
Americana Singer-Songwriter

28th

Linden Thoburn
Americana Singer-Songwriter

7:30 - 9:30pm

114 S Main St. Ann Arbor

HEART TO HEART —

Valuable Lessons Animals Have to Teach Us

By Judy Ramsey

I think perhaps the most valuable lesson animals have to teach us is how to open our hearts to access compassion and love. In his book, Truth vs. Falsehood: How to Tell the Difference, David R. Hawkins describes his research on the vibrational frequencies of different states and events. Some of the highest vibrations possible in our world come from a kitten's purr or a dog wagging its tail. Higher than the Dalai Lama! How do we access that kind of vibration? What does it take? If we could access our animal nature, could we feel that kind of exhilaration? It is my theory that this is why we have pets. They bring us to our true selves through the unconditional acceptance of who we really are at the core.

Animal communication is all about the heart, the spiritual heart. "Successful" communication depends upon the opening of the heart to receive information of any kind -- words, pictures, sensations, emotion; from any being -- from cute, cuddly animals to ones you fear; at any time -- quiet, serene, or stressful situations when focus is challenging; and for any reason --celebrations, death, or trauma that would make anyone turn away.

People come to my animal communication classes out of a love for animals, theirs and others. They are from all walks of life, all stages, with varying life experiences. The journey they take in the three-day class is one of life, in which any barriers they have to opening their hearts come forward to be examined, mostly gently. If one is willing to look at a barrier, and to accept support getting past it, there is a significant shift in perspective. By the second or third day of class, people are like slugs, moving VERY slowly, because this major shift of perception slows all the person's physical systems in order to integrate it into the entire being of the person. After the workshop, people report that they are happier, more content, and more passionate about communicating with animals.

There are a number of tools and tidbits the animals have shown to me that I pass along to students. Animal communication is not just a diversion or a convenience, it is a path that has led me to a personal journey of heart opening to ever wider, deeper levels.

My oldest mare, Classy, has been my greatest teacher. Horses are all about heart. She frequently attends with me energetically when I go to workshops. Years ago, I was on the table as a 'client' in a workshop, and my heart was painful, full of pressure. I tried hard to open it, but could only see a crack with golden light showing through. Classy was next to me and calmly said, "It is the nature of hearts to be open. Just allow it." So I stepped back, out of my own way, and allowed it to open. I was rewarded with an explosion of golden light and love that permeated every cell in my body! Lesson: if we can get out of our own way, the heart opens. We sometimes make it harder than it has to be.

Lesson: if we can get out of our own way, the heart opens. We sometimes make it harder than it has to be.

The first experience I had going deeper with my heart was also one of the most intense. I was in a Tao of Equus workshop with Linda Kohanov. Her book, The Tao of Equus, is a wonderful account of her own perspective's journey. Over a 5-day period of time, I received the most intense psychotherapy I had ever had from a gray Arabian mare named, of course, Harmony. She taught me how to open my heart without feeling vulnerable. We spent hours in the roundpen together, connected heart to heart, while she supported me through different layers of trauma that a severely abusive childhood had laid there. One of the questions I asked at the time was, "How do you stay in your heart when there are so many daily little things that come at you?" Harmony replied, "There are no flies at the core. When you are in your heart and living from it, there is nothing that can distract you." Lesson: ground yourself in your heart. When you are connected to the source love that is your spiritual heart, you can stay focused.

Lesson: ground yourself in your heart. When you are connected to the source love that is your spiritual heart, you can stay focused.

It is common for people to feel vulnerable once the heart is open. Our culture and reflexes have conditioned us to 'protect' ourselves, mostly by closing off our hearts energetically. The problem is, once we close our hearts, we also cut ourselves off from receiving. The biggest barriers to receiving communication (or love or support from anyone) are self-doubt and fear. Once the mind begins spinning, nothing can get through.

This visualization is from a whale and has helped many people to be open and 'protected' at the same time. Imagine your favorite color. Now imagine a cocoon of this color that completely surrounds you. Fill this cocoon with all the love and compassion from your heart that you usually give to others. Breathe that into every cell and just feel it. This cocoon can be generated every time you feel vulnerable.

You can see through it, feel through it, talk through it. However, it is a protective barrier. Although it is permeable, only those energies that are for your highest good can come through it to your heart. Energies not to your highest good will bounce off or be repelled. Lesson: in the process of protecting yourself emotionally and spiritually, don't imprison yourself.

Finally a lesson from a small ball python, Alfonse, whom I recently met. Be sure your mind is connected to your heart. If you find yourself in panic, go to your heart, not your head. In his book, The Secret Teachings of Plants, Stephen Buhner describes that in the history of humankind, the heart was always the primary brain. Our minds were only supposed to support this. Ironically, it wasn't until the Age of Enlightenment, that this switched. Lesson: live from the heart.

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Crazy Wisdom Poetry Circle

Crazy Wisdom Poetry Series

Hosted by Edward Morin, David Jibson, and Lissa Perrin

Second and Fourth Wednesday of each month, 7-9 p.m.

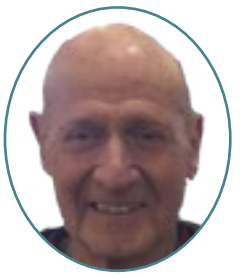
Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m.

All sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link.

Featured readers

February 26 - Ron Koertge has had poems twice in *Best American Poetry* and grants from the NEA and California Arts Council. His novels for young adults won two P.E.N. awards. An animated film made from his flash fiction, *Negative Space*, was shortlisted for the 2018 Academy awards. Billy Collins calls his presentations "deliciously smart and entertaining."



March 26 - Jeff Duncan has written a memoir about growing up in Tulsa, three books of poetry, and numerous plays for kids as Playwright-in-Residence at Wild Swan Theater, and for adults at Performance Network. While teaching literature and writing for four decades at EMU, he wrote a book on Emerson and essays on Transcendentalists.

April 23 - Shonda Buchanan is author of the memoir, ***Black Indian,*** and of forthcoming books: ***The Lost Songs of Nina Simone*** and ***Children of the Mixed Blood Trail***. She is a California Arts Council Established Artist Fellow, a PEN Emerging Voices Fellow, and Oxfam Ambassador. She teaches English at Western Michigan University. shondabuchanan.com

Crazy Wisdom Poetry Circle
The Poetry Series is open to all. There is never a charge.
https://cwcircle.poetry.blog/

Conscious Parenting: Navigating Negative Thought Flow

By Trish Maley

“I don’t really like myself,” my teen blurted out in the middle of a seemingly mundane conversation we were having last week.

He tightened his lips to hold back emotion.

I paused, as I noticed my jaws clench.

Surprised by what he declared, I felt my eyes stinging as salty tears began to trickle into my eyes.

My heart felt heavy, longing to simply scoop him up into my lap like I did when he was young, soothing him with kisses on his soft forehead.

My son abruptly left the kitchen and went into his own room, shutting the door. At first, I felt as though I waited too long to respond, but I gave him some space, then joined him.

I found him curled up in his bed.

I sat on his bed with him, resting my hand on his leg. As we unpacked the comment he made, I realized he was getting caught up in thoughts. Most importantly, listening to his inner critic and allowing it to lead him.

I shared that all of us, including adults, have these thoughts of not enough: not good enough, not smart enough, not attractive enough, the list goes on.

I praised him for noticing the negative, inner voice as that is the first step of navigating a harsh inner critic. The second step is to interrupt the negative thought flow.

I explained to my son that there were different ways to do this, and it was best to experiment with different strategies to see what works.

One strategy to interrupt negative thought flow is to question it.

For example, is the thought true?

“Is it true that my friend is not texting me back because they are upset with me?"

Another question when you catch yourself spinning in negative thought, is to ask, “is this thought serving me?”

Is it serving me to compare myself to a group of kids at school?

In one of my mindfulness meditation classes, Jack Kornfield shared a story about his teacher Ajahn Chah.He said a small group of them were walking in the countryside with Ajahn Chah. Chah asked, "See that big boulder over there in the field? Is it heavy?" The group replied, “yes.”

"Not if you don't pick it up,” said Ajahn Chah.

This story reminded me that at times thoughts can feel so heavy, questioning them isn’t enough to interrupt them.

I decided to try a physical strategy with my son.

I took him outside by our wood pile where we have a few cinder blocks. I asked him to think of the most predominate negative thought he had. When he had it, I asked him to pick up the cinder block.

“Do you feel how heavy it is?” I asked him.

He smiled and nodded yes.

Read the rest of the article online!

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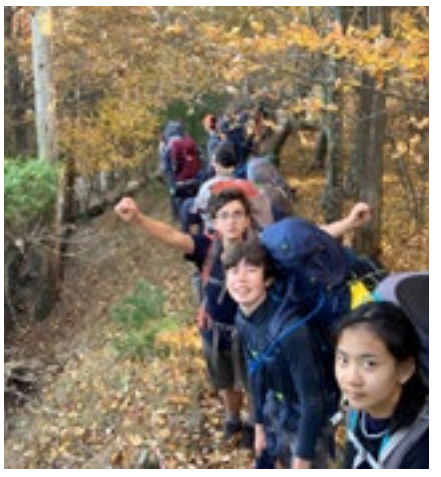

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Click here for more information.

Where can you pick up a copy of The Crazy Wisdom Community Journal?

You can find The Crazy Wisdom Community Journal in many places around Ann Arbor and in surrounding areas. Here'a a sampling of places around town where you can grab a copy of the current issue:

Ypsilanti:

Cross Street Coffee
Evenstar's Chalice
This, That, and Odder Things
Twisted Things
Unity Vibrations Kombucha

Plymouth, Livonia & Canton:

Earth Lore
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Booksweet
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